

NEWS RELEASE

FOR IMMEDIATE RELEASE

January 30, 2020



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SUFFOLK PARKS & RECREATION YOUTH AND TEEN EVENTS AT THE EAST SUFFOLK RECREATION CENTER

SUFFOLK, VA (January 30, 2020)

Preschool Gym Time at East Suffolk Recreation Center

Join Suffolk Parks & Recreation in celebrating the Week of the Young Child for Preschool Gym Time on Wednesday, February 12, 2020, from 9:30 a.m. to 11 a.m. Toddlers ages 2 to 5 will enjoy learning songs, games, and arts & crafts. This event will allow toddlers the opportunity to learn socialization and creative skills through play.

Pre-registration is required and must be completed at least two days prior to the event. Register your child today as space is limited. This event is free and open to the public, and it is sponsored by Suffolk Parks & Recreation Department and the Early Childhood Development Commission. It's time for toddlers to get active!

East Suffolk Recreation Center is located at 138 South 6th Street. For more information, contact Dominique Cox: 757-514-4500 or email ddcox@suffolkva.us.

Girls Rock! at East Suffolk Recreation Center

This seminar/workshop program on February 22, 2020, from 10 a.m. to 12 p.m., will inspire middle school and high school age girls to be confident leaders! The program will feature guest speakers, team building activities, and peer-to-peer mentoring. The participants will learn valuable skills in a safe environment with female leaders who specialize in mentorship. Pre-registration is required and must be completed by February 18, 2020. This event is free and open to the public for female participants ages 11 to 17.

East Suffolk Recreation Center is located at 138 South 6th Street. For more information, contact Dominique Cox: 757-514-4500, or email ddcox@suffolkva.us.

Teen NBA 2k20 Game Tournament at East Suffolk Recreation Center

Teens, are you looking for some fun? Bring your skills and compete against some of the best teens in NBA 2k20 on the PlayStation 4 on February 8, 2020, from 10 a.m. to 2 p.m. This will be a tournament-style game day. Pre-registration is required and participants must have a valid membership with Suffolk Parks & Recreation. Refreshments will be available. This event is free for participants ages 13 to 17.

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